

A *Lifestyle*  
TO  
LOSE  
WEIGHT



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Though the diet and lifestyle suggestions are safe, gentle, and effective, if you have any previous medical conditions, do not use the information contained on this eBook until you have consulted your medical physician.

## PREFACE



It is the intent of the author of this eBook that everyone who reads it will have better knowledge towards their health, lose weight, and live a healthier lifestyle. The information in this eBook is invaluable and is not based off of constantly changing research data, but through the knowledge of Eastern practices that have been used with success for thousands of years.

Provided is an introduction to the theory of how Eastern medicine works and explains in practical terms how the reader can benefit from this information. Also listed are the right foods to eat that will help a person lose weight and additionally listed are “healthy” foods to avoid that slow metabolism.

Every individual is unique, and in most cases using all of the information provided is not necessary in order to see results. Everything in moderation is the key to success, and giving up your favorite foods is not required. Everyone is responsible for their own health, and this is a guide to better living. *Enjoy.*

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## MODERN AND EASTERN APPROACHES



People forget that America is the youngest country in the world having only been discovered and established within the past 500 years. Pharmaceuticals have become popular only within the past 100 years. Compared to the rest of the world, everything that is considered Western is still new. Even with today's newest technology, research and discoveries, correct information on weight loss remains at a standstill.

The American way of weight loss may include taking diet pills which suppresses appetite and may lead to malnutrition. Fat burning pills sometimes burn fat, but they also diminish muscles, tendons, and organ tissue.

Some diets include cutting out all breads, or perhaps a vegetarian diet is suggested, but that is not for everybody. Regardless of what the case may be, many people fail to lose weight. This may be due to a misunderstanding of how the body really works.

Eastern cultures have a different approach to health and medicine, and this knowledge has been around for thousands of years. The world's oldest literature, The Vedas, which was written 5,000 years ago, contains valuable information on how to live healthy lives and cure diseases through diet and lifestyle. This information is the basis for Eastern medicine.

# A *Life style* TO LOSE WEIGHT

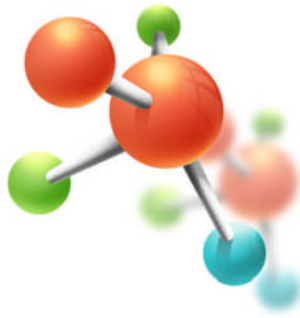
There are many incurable diseases in America that can actually be cured with Eastern medical approaches to health. This is because in the West, pills are given to treat the symptoms, but they do not treat what is actually causing the problem. Without removing the cause, symptoms will reappear. In Eastern medicine the focus is to treat the true cause of the condition. This is the correct way to getting healthy and staying healthy.

It is a fact that population of Eastern cultures have the lowest percentage of overweight people in the world, while Americans have the highest percentage of those overweight. A thing or two can be learned from the Eastern way of living and the basic theory of Eastern diet and lifestyle is quite simple.

The basic knowledge of Eastern medicine and knowing the proper way to eat is commonly known throughout the population of Eastern countries from medical practitioners to housewives. While this information may seem abstract at first, it will later prove to make sense.

The approach to Eastern medicine sees that the human body is a part of nature, and that the elements between nature and the human body must be in balance for true health to be present. This can be easily done with a little understanding of what this exactly means...

## BASIC THEORY



Eastern philosophy extends back for thousands of years. These philosophies have been developed by sages, seers and meditators. Through their spiritual insights, they have come to their understanding of how the body and nature work together and medical practices have been brought forth using these insights. These simple philosophies are easy to understand.

Eastern thought believes that in the beginning of time there was only God, a pure consciousness, the Supreme Being. It was out of this consciousness that the element of space came about. It was from the element of space that air formed. As air started moving around, the friction from the wind created heat. This heat created moisture, and this moisture later turned into a more dense substance called earth. It is from these 5 basic elements (Space, Air, Fire, Water, and Earth) that all things are made, whether living or non-living. The sun, trees, plants and the human body all come from these elements. It is the combination of these elements that makes one object different from the other.

Although the body does not literally contain fire as you would see on a candle, or air swirling around like it is outside, these 5 elements have qualities that can be seen in the body when they are out of balance. For example, air has the qualities of dryness, and it when the air element in the body is more dominant than the water element, a person may experience dry skin. If fire is in excess in the body, a person may experience heart burn. When the water element is dominant in the body, one may suffer from sinus

congestion or have excess mucus in the lungs when a cough is present.

To demonstrate examples of how these elements can be seen in the body in the forms of their characteristics, here is an overview:

Everything in existence needs a 'space' for it to exist. Space in the body are seen in examples of how there is space in the mouth, in the internal tracks of the digestive system where food passes and space in veins and arteries where the blood flows.

Air has the qualities of movement and speed. The air element is responsible for all movements of the body whether it is the movement of muscles and joints, the pumping of the heart or the movement of the nervous system which sends and receives information from nerves and senses.

The fire element governs the digestive system providing stomach acids (a burning substance) and can be seen in Western terms as the metabolism. It is responsible for the transformation of turning food into a usable energy source for the body. Fire also manifests in the body providing intelligence (having a "bright" mind), it activates the retina which interprets light so you can see and body temperature is regulated by the fire element.

The element of water manifests itself in the body as liquids such as saliva, mucus, and joint fluids. The water element also governs the immune system which involves the lymphatic system. It is the lymphatic fluid that flows throughout the entire body which cleanses the body of toxins, similar to water cleaning a dirty cloth.

Earth is a solid element and it is seen in the body as solid structures like bones, cartilage, nails, muscles, tendons and hair.

To make things simpler to understand, these 5 elements are reduced into 3 categories. Because Space and Air are similar in qualities, they are considered to be in a group of their own. The elements of water and earth, because they are heavier and have similar qualities, are looked at as being in one group as well. Fire is in a group of its own.

In Sanskrit (the language of ancient civilizations), these 3 subgroups are called Doshas, and each dosha has a name. The space and air dosha is called Vatta, the fire element is known as the Pitta dosha and the water and earth elements combine to make the kapha dosha.

Between the 3 doshas, there are usually one or two elements that will dominate in a body.

## There Are 3 Main Body Types

When the air element dominates in the body that person will tend to be super skinny; they are usually taller or shorter than most people. They do not gain weight easily; in fact they have a hard time keeping weight on.

When the fire element dominates in the body, the body is usually medium range in height and has a slender body frame. These body types have a moderate amount of muscle. They have a strong metabolism (since dominated by the fire element), and may have an athletic tone.

When the water element dominates in the body, the body will have a more developed frame than most. They have big bones, broad shoulders, and well developed muscle. These body types gain weight easily.

Being overweight is a sign that the water element is way more dominant in the body than the air and fire elements.

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Metaphorically speaking, much like how water can put out a fire in real life, when there is an excess amount of the water element in the body, it will put out the 'fire' of the digestive system, resulting in a slow metabolism.



In order to lose weight, these elements in the body must become balanced. This is done by eating foods that have a dominance of the air and fire elements and avoiding foods that have a dominance of the water element. This will make the body become lighter (air), have a higher metabolism (fire) and reduce fat (water).

## THE DIET



Everything in nature is made up of the five elements; this includes fruit, vegetables, bread, meat, etc. Every food item has a dosha element that will dominate. For example, the food items that have more fire element present in

them are going to be hot and spicy such as jalapenos, red peppers, cayenne, and black pepper. Foods that contain more air element are lighter foods such as lettuce, cabbage and apples, compared to water based foods such as melons and potatoes, which are heavier and condensed.

The following is a list of food items that a person is to choose in order to boost the fire and air element and a list of foods to avoid that are dominated by the water element.

You will recognize that so called “healthy” foods are on the list of foods to avoid. It does not mean that they are not healthy, but these are natural foods that cool the body and slow metabolism. Also consider the beverages that you take in and spices that you use to cook. These play an important factor in weight loss as well. The good news about spices and cooking is that all spices are good except salt.

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FRUITS	
Favor	Avoid
Green Apples	Red Apples
Apricots	Bananas
Berries	Coconut
Cherries	Figs (fresh)
Cranberries	Grapefruit
Figs (dried)	Grapes
Mango	Lemons
Peaches	Melons
Pears	Oranges
Pomegranate	Papaya
Prunes	Pineapple
Raisins	Plums
	Rhubarb




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VEGETABLES		
Favor		Avoid
Artichoke	Horse Radish	Avocado
Asparagus	Kale	Cucumber
Beets	Leafy Greens	Potatoes
Broccoli	Lettuce	Squash
Brussels Sprouts	Mushrooms	Sweet Potatoes
Cabbage	Okra	Tomatoes
Carrots	Onions	Zucchini
Cauliflower	Parsley	
Celery	Peppers	
Corn	Radishes	
Eggplant	Spinach	
Garlic	Sprouts	
Green Beans		
Green Chilies		



# A *Life style* TO LOSE WEIGHT

GRAINS	
Favor	Avoid
Barley	Cooked Oats
Corn	Brown Rice
Millet	White Rice
Dry Oats	Wheat
Basmati Rice	
Rye	

MEAT	
Favor	Avoid
Chicken or Turkey (Dark meat)	Beef
Shrimp	Lamb
Eggs (not fried)	All other Seafood
	Pork



## Legumes:

Favor black beans, black eyed peas, chickpeas, garbanzo beans, lentils (red and brown) lima beans, navy beans, peas, pinto beans, soy milk, split peas tur dal (split yellow lentils), white beans.

Avoid Kidney Beans, Soy Beans, Black Lentils and Mung Beans. All other beans are good.

## Nuts:

Avoid all nuts.



## Seeds:

Sunflower & Pumpkin are OK.

Avoid all others.

## Sweeteners:

Raw Honey is the only sweetener acceptable.



## Condiments:

Favor Mustard, Horseradish, Sauerkraut, Black Pepper, Tabasco and other hot sauces.

Avoid Salt, Ketchup, Mayonnaise, Pickles.

## Dairy:

No dairy except Ghee (Clarified butter, can be found at health food stores).



## Oils:

No oils except Almond, Corn, and Sunflower.

## Spices:

All spices are ok except salt.

Here are some examples of spices to use. Allspice, almond extract, anise, asafetida, basil, bay leaf, black pepper, caraway, cardamom, cayenne, chili pepper, chutney, cilantro, cinnamon, cloves, coriander, cumin, curry, leaves, dill, fenugreek, ginger, mace, marjoram, mint, mustard, neem, orange peel, oregano, paprika, parsley, peppermint, poppy seeds, rosemary, saffron, sage, spearmint, star anise tarragon, thyme, turmeric.



## Drinks:

Choose aloe vera juice, apple cider, black tea, carrot juice, chamomile tea, cinnamon tea, cranberry juice, grape juice, pomegranate juice, prune juice and hot soy milk well spiced.

Avoid almond milk, carbonated drinks, chocolate milk, coffee, cold dairy drinks, grapefruit juice, iced tea, icy cold drinks, lemonade, orange juice, rice milk, sour juices, cold soy milk and tomato juice.

Also, it is very important to stress the cold liquids should be avoided throughout the day and especially when you eat. Cold beverages slow down metabolism, so no adding ice to drinks.



In general, when choosing foods to lose weight, the foods should have some of these characteristics:

Favor light, hot, spicy, cooked/heated.

Avoid cold, sweet, oily, heavy, and salty.

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## Menu

Hopefully the previous list of foods to choose from will inspire you.

The following list may be more helpful as there are some real world menu items you can find in restaurants or you could make them at home very easily. You will be excited by the choices.

### Mexican

- Chicken Fajitas with Onions and Peppers
- Black Bean and Corn Salad
- Vegetable Enchiladas
- Roasted Green Chilies
- Black Bean Soup

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